

Basic Report 11172, Corn, sweet, yellow, canned, whole kernel, drained solids

Report Date: March 12, 2015 03:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 164g	1 can (12 oz) yields 211g	1 can (303 x 406) 298g
Proximates					
Water	g	80.38	131.82	169.60	239.53
Energy	kcal	71	116	150	212
Protein	g	2.32	3.80	4.90	6.91
Total lipid (fat)	g	1.37	2.25	2.89	4.08
Carbohydrate, by difference	g	15.06	24.70	31.78	44.88
Fiber, total dietary	g	2.3	3.8	4.9	6.9
Sugars, total	g	2.42	3.97	5.11	7.21
Minerals					
Calcium, Ca	mg	3	5	6	9
Iron, Fe	mg	0.28	0.46	0.59	0.83
Magnesium, Mg	mg	13	21	27	39
Phosphorus, P	mg	46	75	97	137
Potassium, K	mg	142	233	300	423
Sodium, Na	mg	185	303	390	551
Zinc, Zn	mg	0.31	0.51	0.65	0.92
Vitamins					
Vitamin C, total ascorbic acid	mg	2.1	3.4	4.4	6.3
Thiamin	mg	0.015	0.025	0.032	0.045
Riboflavin	mg	0.016	0.026	0.034	0.048
Niacin	mg	0.883	1.448	1.863	2.631
Vitamin B-6	mg	0.065	0.107	0.137	0.194
Folate, DFE ^a	μg	36	59	76	107
Vitamin B-12	μg	0.00	0.00	0.00	0.00
Vitamin A, RAE	μg	2	3	4	6
Vitamin A, IU	IU	45	74	95	134
Vitamin E (alpha-tocopherol)	mg	0.07	0.11	0.15	0.21

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0	0.0
Lipids					
Fatty acids, total saturated	g	0.161	0.264	0.340	0.480
Fatty acids, total monounsaturated	g	0.223	0.366	0.471	0.665
Fatty acids, total polyunsaturated	g	0.415	0.681	0.876	1.237
Cholesterol	mg	0	0	0	0
Other					
Caffeine	mg	0	0	0	0

Footnotes

^a Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

^b Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid

^c Value based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, 5-Formyltetrahydrofolic acid